

Broccoli Salad

~ A healthy, bright salad! ~



Servings: 8
Prep Time: 15 minutes
Can be made ahead!

Ingredients

- 4 cups fresh broccoli florets
- ¼ cup red onion, finely diced
- 3 Tbsp raisins
- 2 Tbsp dry roasted sunflower seeds
- ¼ cup plain yogurt
- 2 Tbsp orange juice
- 1 Tbsp fat-free mayonnaise

Preparation

1. Combine the broccoli, onions, raisins, and sunflower seeds.
2. In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended. Pour over the broccoli mixture and toss to coat.

Servings per Recipe: 8

Nutrition (per serving): 49 calories, 1.3g Total Fat, <1mg Cholesterol, 43 Sodium, 8.4g Total Carbs, 1.6g Fiber, 2.3g Protein

Courtesy of Allrecipes.com